

# NUTRITIONAL SCIENCES: PUBLIC HEALTH NUTRITION, BS

## Degree Requirements

**Requirements for Students Matriculating in or before Academic Year 2023-2024.** Learn more about University Academic Regulation 3.1 (<http://catalog.okstate.edu/university-academic-regulations/#matriculation>).

**Minimum Overall Grade Point Average: 2.50**

**Total Hours: 120**

| Code  | Title                                     | Hours |
|---|---|-------|
| <b>General Education Requirements</b>   |   |       |
| <i>English Composition</i>  |   |       |
| See Academic Regulation 3.5 ( <a href="http://catalog.okstate.edu/university-academic-regulations/#english-composition">http://catalog.okstate.edu/university-academic-regulations/#english-composition</a> ) |   |       |
| ENGL 1113   | Composition I                             | 3     |
| or ENGL 1313  | Critical Analysis and Writing I           |       |
| Select one of the following:  |   | 3     |
| ENGL 1213   | Composition II                            |       |
| ENGL 1413   | Critical Analysis and Writing II          |       |
| ENGL 3323   | Technical Writing                         |       |
| <i>American History &amp; Government</i>  |   |       |
| Select one of the following:  |   | 3     |
| HIST 1103   | Survey of American History                |       |
| HIST 1483   | American History to 1865 (H)              |       |
| HIST 1493   | American History Since 1865 (DH)          |       |
| POLS 1113   | American Government                       | 3     |
| <i>Analytical &amp; Quantitative Thought (A)</i>  |   |       |
| Select one of the following:  |   | 3     |
| MATH 1513   | College Algebra (A)                       |       |
| or MATH 1483  | Mathematical Functions and Their Uses (A) |       |
| MATH 1613   | Trigonometry (A)                          |       |
| MATH 1813   | Preparation for Calculus (A)              |       |
| <i>Humanities (H)</i>   |   |       |
| Courses designated (H)  |   | 6     |
| <i>Natural Sciences (N)</i>   |   |       |
| Must include one Laboratory Science (L) course  |   |       |
| CHEM 1215   | Chemical Principles I (LN)                | 4     |
| or CHEM 1314  | Chemistry I (LN)                          |       |
| CHEM 1225   | Chemical Principles II (LN)               | 5     |
| or CHEM 1515  | Chemistry II (LN)                         |       |
| <i>Social &amp; Behavioral Sciences (S)</i>   |   |       |
| SOC 1113  | Introductory Sociology (S)                | 3     |
| <i>Additional General Education</i>   |   |       |
| BIOL 1113   | Introductory Biology (N)                  | 4     |
| & BIOL 1111   | and Introductory Biology Laboratory (LN)  |       |
| or BIOL 1114  | Introductory Biology (LN)                 |       |
| SPCH 2713   | Introduction to Speech Communication (S)  | 3     |
| or SPCH 3723  | Business and Professional Communication   |       |

|  |   |            |
|--|---|------------|
| STAT 2013  | Elementary Statistics (A)   | 3          |
| or STAT 2023   | Elementary Statistics for Business and Economics (A)                  |            |
| <b>Hours Subtotal</b>                                  |   | <b>43</b>  |
| <b>Diversity (D) &amp; International Dimension (I)</b> |   |            |
| May be completed in any part of the degree plan        |   |            |
| At least one Diversity (D) course                      |   |            |
| At least one International Dimension (I) course        |   |            |
| <b>College/Departmental Requirements</b>               |   |            |
| <i>Human Sciences</i>                                  |   |            |
| EDHS 1112  | First Year Seminar  | 2          |
| or EDHS 3112   | Education and Human Sciences First-Year Seminar for Transfer Students |            |
| HDFS 2113  | Lifespan Human Development (S)  | 3          |
| <i>Nutritional Sciences</i>                            |   |            |
| NSCI 3011  | Nutrition and Evidence-based Practice I                               | 1          |
| NSCI 3021  | Nutrition and Evidence-based Practice II                              | 1          |
| NSCI 4021  | Nutrition and Evidence-based Practice III                             | 1          |
| <b>Hours Subtotal</b>                                  |   | <b>8</b>   |
| <b>Major Requirements</b>                              |   |            |
| 2.50 GPA is required for Major Requirements            |   |            |
| NSCI 2013  | Principles of Human Nutrition (N)                                     | 3          |
| NSCI 2011  | Applied Principles of Human Nutrition                                 | 1          |
| NSCI 3223  | Nutrition Across the Life Span  | 3          |
| NSCI 3440  | Nutritional Sciences Pre-Professional Experience (1 hour)             | 1          |
| NSCI 3543  | Food and the Human Environment (IS)                                   | 3          |
| NSCI 3733  | Environmental Nutrition   | 3          |
| NSCI 4123  | Human Nutrition and Metabolism I                                      | 3          |
| NSCI 4143  | Human Nutrition and Metabolism II                                     | 3          |
| NSCI 4632  | Community Nutrition I   | 2          |
| NSCI 4633  | Community Nutrition II  | 3          |
| BIOL 3204  | Physiology  | 4          |
| HLTH 2213  | Introduction to Public Health   | 3          |
| PSYC 1113  | Introductory Psychology (S)   | 3          |
| MICR 2123  | Introduction to Microbiology  | 3          |
| MICR 2132  | Introduction to Microbiology Laboratory                               | 2          |
| <i>Emphasis Requirements</i>                           |   |            |
| Select an emphasis (p. 1)                              |   | 29         |
| <b>Hours Subtotal</b>                                  |   | <b>69</b>  |
| <b>Total Hours</b>                                     |   | <b>120</b> |

## Emphasis

### Public Health Nutrition (PHN)

| Code         | Title                                 | Hours |
|--------------|---------------------------------------|-------|
| ECON 1113    | The Economics of Social Issues (S)    | 3     |
| NSCI 3312    | Nutrition Care Process and Assessment | 2     |
| HLTH 3723    | Principles of Epidemiology            | 3     |
| ACCT 2003    | Survey of Accounting                  | 3     |
| NSCI 4573    | Management in Dietetics               | 3     |
| or MGMT 3013 | Fundamentals of Management (S)        |       |
| MKTG 3213    | Marketing (S)                         | 3     |

|   |   |   |
|---|---|---|
| NSCI 3813                               | Nutrition Counseling  | 3 |
| NSCI 4913                               | Nutritional Epidemiology  | 3 |
| Controlled Electives                    |   |   |
| Choose 6 hours from the following list: |   | 6 |
| AGCM 3103                               | Written Communications in Agricultural Sciences and Natural Resources |   |
| BIOL 3123                               | Human Heredity (N)  |   |
| HDFS 2123                               | Developmental Disabilities: Issues Across the Lifespan (D)            |   |
| HDFS 3423                               | Adolescent Development in Family Contexts (S)                         |   |
| HDFS 4543                               | Intergenerational Relationships (S)                                   |   |
| HDFS 4813                               | Dying, Death and Bereavement  |   |
| HDFS 4823                               | Aging Concepts and Controversies                                      |   |
| HLTH 3913                               | Alcohol and Drug Education  |   |
| MGMT 3313                               | Human Resource Management   |   |
| MICR 3103                               | Microbes: Friends or Foes (N)   |   |
| NSCI 4133                               | Nutrition for Exercise and Sport                                      |   |
| PHIL 3833                               | Biomedical Ethics (H)   |   |
| PHIL 4013                               | Perspectives on Death and Dying (H)                                   |   |

## Public Health Pre-Med

| Code      | Title                        | Hours |
|-----------|------------------------------|-------|
| BIOC 3653 | Survey of Biochemistry       | 3     |
| BIOL 3023 | General Genetics             | 3     |
| BIOL 3214 | Human Anatomy                | 4     |
| CHEM 3053 | Organic Chemistry I          | 3     |
| CHEM 3153 | Organic Chemistry II         | 3     |
| CHEM 3112 | Organic Chemistry Laboratory | 2     |
| MICR 3033 | Cell and Molecular Biology   | 3     |
| PHYS 1114 | College Physics I (LN)       | 4     |
| PHYS 1214 | College Physics II (LN)      | 4     |

Note: Care must be taken not to include credit hours twice under different sections of the degree sheet.

Ensure that enough upper-division controlled electives are taken to meet the 40 hour upper-division Regents requirement.

This degree program does not meet all the Didactic Program in Dietetics academic course requirements. See the NSCI Major/Dietetics Option sheet for courses to be added.

## Other Requirements

- 40 upper-division hours required.
- A 2.50 Major GPA is required. This includes all courses in College/Departmental and Major Requirements.
- A grade of "C" or better is required in all NSCI 3000- and 4000-level courses.
- Transfer Admission Requirement: 2.50 GPA.

## Additional State/OSU Requirements

- At least: 60 hours at a four-year institution; 30 hours completed at OSU; 15 of the final 30 or 50% of the upper-division hours in the major field completed at OSU.
- Limit of: one-half of major course requirements as transfer work; one-fourth of hours earned by correspondence; 8 transfer correspondence hours.
- Students will be held responsible for degree requirements in effect at the time of matriculation and any changes that are made, so long as these changes do not result in semester credit hours being added or do not delay graduation.
- Degrees that follow this plan must be completed by the end of Summer 2029.

## Example Plan of Study

### Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

| Course                                    | Title  | Hours     |
|---|--|-----------|
| <b>Freshman</b>                           |  |           |
| <b>Fall</b>                               |  |           |
| NSCI 2114                                 |  | 4         |
| EDHS 1112<br>or EDHS 3112                 | First Year Seminar<br>or Education and Human Sciences First-Year Seminar for Transfer Students       | 2         |
| ENGL 1113<br>or ENGL 1313                 | Composition I<br>or Critical Analysis and Writing I  | 3         |
| MATH 1513<br>or MATH 1483                 | College Algebra (A)<br>or Mathematical Functions and Their Uses (A)                                  | 3         |
| BIOL 1113<br>& BIOL 1111<br>or BIOL 1114  | Introductory Biology (N)<br>or Introductory Biology (LN)   | 4         |
| <b>Hours</b>                              |  | <b>16</b> |
| <b>Spring</b>                             |  |           |
| ENGL 1213<br>or ENGL 1413<br>or ENGL 3323 | Composition II<br>or Critical Analysis and Writing II<br>or Technical Writing                        | 3         |
| CHEM 1215<br>or CHEM 1314                 | Chemical Principles I (LN)<br>or Chemistry I (LN)  | 4         |
| HLTH 2213                                 | Introduction to Public Health  | 3         |
| SOC 1113                                  | Introductory Sociology (S)   | 3         |
| <b>Hours</b>                              |  | <b>13</b> |
| <b>Sophomore</b>                          |  |           |
| <b>Fall</b>                               |  |           |
| NSCI 3733                                 | Environmental Nutrition  | 3         |
| CHEM 1225<br>or CHEM 1515                 | Chemical Principles II (LN)<br>or Chemistry II (LN)  | 5         |
| PSYC 1113                                 | Introductory Psychology (S)  | 3         |
| STAT 2013                                 | Elementary Statistics (A)  | 3         |
| <b>Hours</b>                              |  | <b>14</b> |
| <b>Spring</b>                             |  |           |
| NSCI 3223                                 | Nutrition Across the Life Span   | 3         |
| MICR 2123                                 | Introduction to Microbiology   | 3         |
| HIST 1103<br>or HIST 1483<br>or HIST 1493 | Survey of American History<br>or American History to 1865 (H)<br>or American History Since 1865 (DH) | 3         |
| HDFS 2113                                 | Lifespan Human Development (S)   | 3         |

|                                 |   |            |
|---------------------------------|---|------------|
| SPCH 2713                       | Introduction to Speech Communication (S)                      | 3          |
| <b>Hours</b>                    |   | <b>15</b>  |
| <b>Summer</b>                   |   |            |
| NSCI 3440                       | Nutritional Sciences Pre-Professional Experience <sup>1</sup> | 1          |
| <b>Hours</b>                    |   | <b>1</b>   |
| <b>Junior</b>                   |   |            |
| <b>Fall</b>                     |   |            |
| NSCI 3312                       | Nutrition Care Process and Assessment                         | 2          |
| NSCI 3543                       | Food and the Human Environment (IS)                           | 3          |
| NSCI 3011                       | Nutrition and Evidence-based Practice I                       | 1          |
| BIOL 3204                       | Physiology  | 4          |
| MICR 2132                       | Introduction to Microbiology Laboratory                       | 2          |
| POLS 1113                       | American Government   | 3          |
| <b>Hours</b>                    |   | <b>15</b>  |
| <b>Spring</b>                   |   |            |
| NSCI 3021                       | Nutrition and Evidence-based Practice II                      | 1          |
| NSCI 3813                       | Nutrition Counseling  | 3          |
| 3 hours of Humanities/Diversity |   | 3          |
| HLTH 3723                       | Principles of Epidemiology                                    | 3          |
| ACCT 2003                       | Survey of Accounting  | 3          |
| 3 hours of controlled elective  |   | 3          |
| <b>Hours</b>                    |   | <b>16</b>  |
| <b>Senior</b>                   |   |            |
| <b>Fall</b>                     |   |            |
| NSCI 4123                       | Human Nutrition and Metabolism I                              | 3          |
| NSCI 4632                       | Community Nutrition I   | 2          |
| NSCI 4913                       | Nutritional Epidemiology                                      | 3          |
| MGMT 3013                       | Fundamentals of Management (S)                                | 3          |
| MKTG 3213                       | Marketing (S)   | 3          |
| <b>Hours</b>                    |   | <b>14</b>  |
| <b>Spring</b>                   |   |            |
| NSCI 4633                       | Community Nutrition II  | 3          |
| NSCI 4143                       | Human Nutrition and Metabolism II                             | 3          |
| NSCI 4021                       | Nutrition and Evidence-based Practice III                     | 1          |
| ECON 1113                       | The Economics of Social Issues (S)                            | 3          |
| 3 hours of Humanities (H)       |   | 3          |
| 3 hours of controlled electives |   | 3          |
| <b>Hours</b>                    |   | <b>16</b>  |
| <b>Total Hours</b>              |   | <b>120</b> |

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Required at some time during the degree program.